Module 1 Project

Please respond to the following questions. Your response should be at least 5 sentences long.

1. What were the physical activity habits of your parents? Did those habits change as you grew older? (10 points)

2. What physical activity opportunities did you have growing up? What were the characteristics of those opportunities that you liked best? (10 points)

3. How would you describe the physical activity opportunities on your college campus in terms of facilities and program offerings? Which facilities and programs are you using? (10 points)

4. Describe the primary components of the physical activity infrastructure in your hometown. Where is your hometown? (10 points)

5. Are you competing formally on a sport team? If not, why not? If yes, what do you believe to be your prospect of continuing participation well into your thirties or even forties? (10 points)